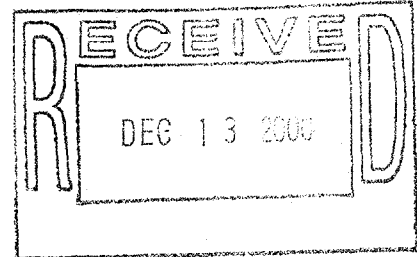


Partners in Health and Beauty

Office of Special Nutritionals (HFS-450)  
Center for Food Safety and Applied Nutrition  
Food and Drug Administration  
200 C Street, SW  
Washington, D.C. 20204



December 12, 2000

This letter serves as a 30 day notification pursuant to Section 6 of the Dietary Supplement Health and Education Act of 1994 (DSHEA), that Country Life® is using the following statement on the label of Growth-Tek P.M.<sup>TM</sup> Tablets (dietary ingredients: vitamin B-6, magnesium, zinc, ZMA (zinc, magnesium, aspartate), Tribulus terrestris extract, kava kava extract, melatonin). This statement is accompanied by the required disclaimer. To the best of my knowledge, the information contained in this notice is complete and accurate.

**Growth-Tek P.M.<sup>TM</sup> is a powerful blend of nutrients and botanicals designed to optimize rest while promoting anabolic activity for the training athlete. This product can help support healthy testosterone levels. Anabolic rest formula with ZMA.**

Sincerely,

Morag Thorsen

Regulatory Affairs Manager B.A., M.A.L.S.